Sports/A19
UConn wins NCAA title

Lifestyle/C1
Summer chic and shine

Across/A16
'Passion' moves Cutud village

News/A2
Dandling sons, favorite nephew endorse GMA

Tinig ng Bayan/A8
Ano ang pinakamabigat na pasanin ng Pinoy!

PHILIPPINE DAILY
INQUIRER
BALANCED NEWS, FEARLESS VIEWS

Wednesday, April 7, 2004

US wants Abu suspect extradited for kidnap-slay

Embassies, malls on Abu target list





Terror cell busted, says PNP intel chief

Fading RP vets fight longest war



Makati's soul can be found in this barangay

POWER CRISIS OR NO POWER CRISIS

Gov't, private sector agree to work together



Erap's bid for villa retreat approved



Repackaged FPJ to come out of Lent

GMA aides sure of Danding support

By Juliet Labog-Javellana, Cynthia D. Balana and TJ Burgonio

FOR PRESIDENT Macapagal-Arroyo's top aides, hope springs eternal. After two sons of businessman Eduardo "Danding" Cojuangco and yesterday, his favorite nephew, endorsed her candidacy, the President's aides are now confident of getting the support of "The Boss."

Tarlac Rep. Gilbert Teodoro, a key supporter [illegible] said to be Cojuangco's personal favorite, yesterday expressed full support for the President's candidacy after hosting a luncheon for her in Tarlac City.

During lunch, he expressed full and unconditional support for Ms Macapagal as the "only leader who can unify us," manage the affairs of the state. "We will do everything to make sure you prevail," he said.

Earlier, Pangasinan Rep. Mark Cojuangco and Negros Occidental Rep. Carlos Cojuangco publicly endorsed the President.

Teodoro, a member of the executive committee of Cojuangco's Nationalist People's Coalition, said the NPC in Tarlac was going to solid support to Ms Macapagal.

He said he was for the President because she had an advantage "experience-wise" over her rivals.

Charter change

"She has experience, has a good program of government including one issue that is very close to my heart—Charter change," Teodoro said.

Teodoro said 70 percent of the NPC, which has many members at the local level, were supporting the President. But other NPC members were supporting opposition candidate Fernando Poe Jr.

But he clarified that his uncle, the chairman and CEO of San Miguel Corp., was not going to endorse any presidential candidate.

"He is non-political. So without support any candidate. The [illegible] against him making any endorsement, especially in the form of funds," he said.

Teodoro brought along a number of Tarlac mayors to the luncheon for Ms Macapagal, who spoke [illegible] Cojuangco and Lumbing.

Also present were Tarlac Rep. Benigno "Noynoy" Aquino III, son of former President Corazon Aquino and the late Sen. Benigno Aquino Jr., Tarlac Gov. Jose Yap and other local officials.

While Teodoro claimed that majority of NPC members were supporting Ms Macapagal, he said Lakas partymates in the local level are junking the President in favor of opposition presidential candidate Fernando Poe Jr.

Negros Occidental Rep. Apolinario Lozada, a former Lakas leader who defected to Poe's camp, said some Lakas candidates had secretly prepared sample ballots carrying the name of Poe or Sen. Panfilo Lacson, another opposition presidential candidate.

He said the sample ballots will be disseminated on or before the May 10 national elections.

'Bulong brigades'

"But for now, these local bets are mobilizing their 'bulong brigades' to endorse their preferred presidential candidate," said Lozada.

Lozada even quoted an administration congressman as saying that Lakas local candidates were resigned to the fact that most of their constituents would vote for Poe.

He did not identify the congressman.

But Lozada said the President was not the only one being junked. He said some senatorial candidates of the administration coalition K-4 were also being junked in favor of opposition candidates.

This, he stressed, was nothing new in politics as this has been a practice during election campaigns.

He said that candidates from the NPC, a political ally of the ruling Lakas-Christian Muslim Democrats, were also facing the same dilemma in their respective districts.

Hard sell

"GMA is hard to sell at the grassroots level because majority of the people have already committed their votes to their idol FPJ," he said.

Lozada said many Lakas candidates would be joining the opposition 15 days before the elections.

"Supporting FPJ will be the most practical thing to do or they will lose the election," he added.

The defections are, however, not only limited to Lakas but also to presidential candidate Raul Roco, whose major supporters have begun deserting him.

Former Rep. [illegible], who led the defectors, yesterday blamed Roco's continuous poor showing in the poll surveys for the defections.

Palace gives Poe 3 days to change mind on debate

By Blanche S. Rivera

A CHANGE of heart and a text message saying it's a go.

That's all it would take for a presidential debate sponsored by the Commission on Elections and the Parish Pastoral Council for Responsible Voting featuring all five presidential candidates to take place on April 18.

Presidential spokesperson Ignacio Bunye gave opposition candidate Fernando Poe Jr. three days to change his mind. He said that if the actor had a change of heart over the Holy Week, the President would have 72 hours to adjust her schedule, meaning that Poe should reconsider his position by Saturday.

Yesterday, Rod Reyes, Poe's media bureau chief, announced during the last organizational meeting of the PPCRV, the Comelec and the political parties that Poe's decision to shun the debate was "final."

President Macapagal-Arroyo also formally begged off yesterday from joining, citing the refusal of Poe, her strongest rival, to participate in the televised debate.

"A debate without him is meaningless," said Bunye in a letter to PPCRV founding chair Henrietta de Villa. He said the President would just present her agenda of change directly to the people.

"All it would take is a text message from Mr. Reyes," Bunye said during a meeting held at the Comelec yesterday.

If that text message does not come, the debate dubbed "Debateng Pampanguluhan 2004" to be aired over ABC 5 would be down to Alliance ng Pag-Asa candidate Raul Roco and evangelist Bro. Eddie Villanueva of the Bangon Pilipinas party.

The two were also the only ones who showed up at the first debate sponsored by the ABC, Pulse Asia and the Philippine Legislators' Committee on Population and Development.

"We have one week to go and, who knows, we can move mountains," said PPCRV founding chair and former ambassador to the Vatican Henrietta de Villa. She added that she would spend the Holy Week praying for a change of heart for the candidates.

"If we could just get the President, it would be worth it because then we would have two more debaters, including Sen. Panfilo Lacson," De Villa said. *With Juliet L. Javellana*

Bro. Mike won't pray for Bro. Eddie

Makati's soul can be found in this barangay





'Little Intramuros'

Preparations, designs

Final touch

Procession

Strong bonds

Unique

Erap's bid for villa retreat approved

3 motions

No further expense

Good for soul

Repackaged FPJ to come out of Lent

Workshop

Party-list groups tagged Red fronts set raps vs Gonzales



Fax beats satellite in Comelec test

The Daily Gospel

Supreme Court Doctrines

No witch-hunt against you, GMA assures Muslims

Bus firm workers go on strike, stranding thousands

Noli files libel raps vs accusers

War video cited

PRICE MONITOR

Bantay Bilihin

in Metro Manila

DEPARTMENT OF TRADE AND INDUSTRY

Palace tells Ho welcomer to explain

Reyes says bad guys behind murder raps

Pyramid scam suspect falls



Embassies, malls …

Religious edicts

Decentralized

Ongoing war

Trigger



US wants Abu suspect extradited …

No visible marks

Government witnesses

Sweating but smiling

'All the same'

Fading RP vets fight longest war

2 bills in US Congress

Truman's letter

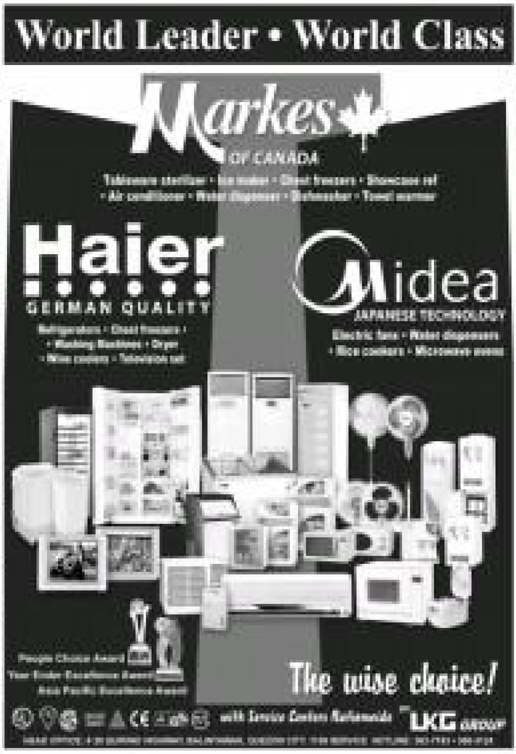
Spirit of Capas

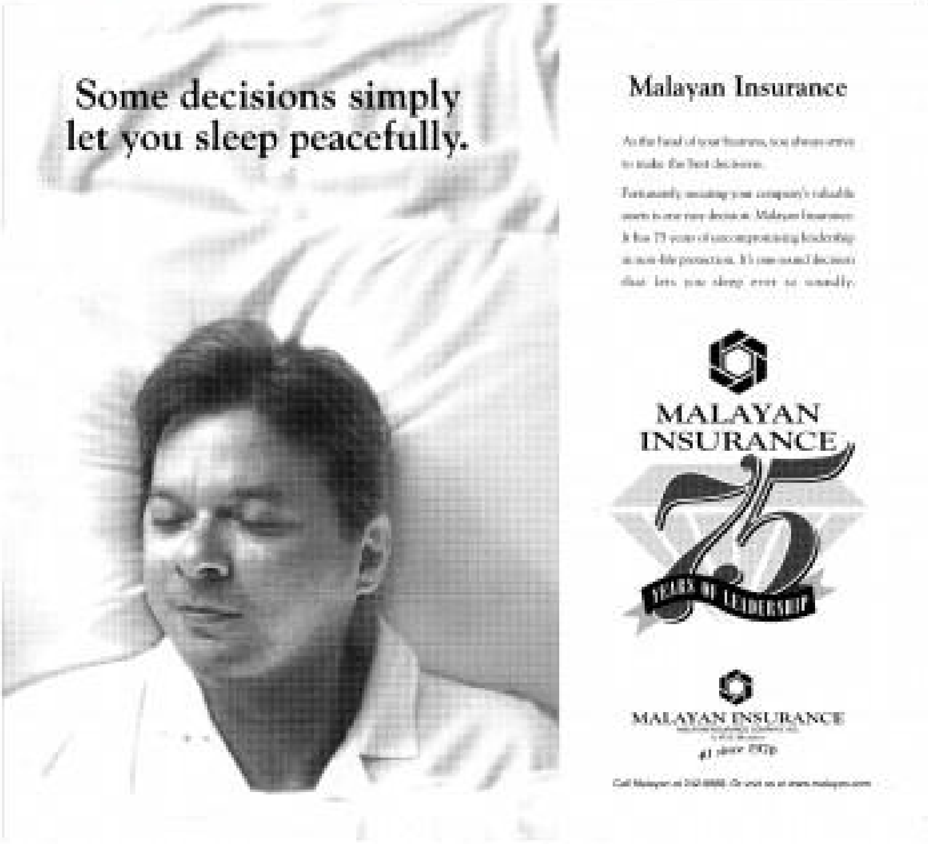
Gov't, private sector agree ...

Mistrust high

Additional capacity needed

Supply-demand data





The WORLD

Editor: Lorenzo B. Ocampo

Al-Qaida threatens more attacks vs Spain

Los Angeles Times leads Pulitzers with 5 awards



DALLAS Morning News photographers David J. Leeson (center) and Cheryl Diaz Meyer (right) celebrate after being named winners of the 2004 Pulitzer Prize for breaking news photography in Dallas April 5. The two photographers were honored for their work covering the war in Iraq.

Firebomb damages Jewish school in Montreal

1.2M die on the road yearly—UN

China asserts control over Hong Kong

WorldBriefs

Haiti elections set in 2005

Floods kill 31 in Mexico

Strong quake hits Afghanistan

Sharon dismisses corruption raps



A [illegible] man votes in Indonesia's general elections in the village of [illegible], in the town of Wamena in Papua, Indonesia, Monday. Suharto's party is likely to win the most seats. —AP

Megawati's party trails in Indonesian elections

[illegible]

PHILIPPINE DAILY INQUIRER

OPINION



Loren plus

EDITORIALS

Loren minus

Are Christians masochists?

AS I SEE IT

Neal H. Cruz

Glimpses of power

THERE'S THE RUB

Conrado de Quiros

Poe's faltering campaign

Analysis



Amando Doronila

Pain, passion and faith

Pinoy Kasi



Michael L. Tan

The youth's potential

At Large



Rina Jimenez-David

Unmoved by 'Passion'

Looking Back



Ambeth R. Ocampo

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The National Association of Philippine Newspapers

A case of political opportunism

Letters

Promoting nationalism

Spiritual politics

IMF worries not election-related

Ghost calls

Nonsense

Across the NATION

FPJ scared of debate on sugar, says Negros exec



Aeta areas declared peace zones

Lacson bet in Iloilo jumps to Poe's camp

Farmers back hybrid rice, thank GMA for technology

INQUIRER Northern Luzon

Graphic movie on Jesus' pain moves Cutud village's 'Christ'



Bit players take key roles in village's yearly Holy Week drama



Warnings fail to stop bets' posters



Construction of new north rail tracks set

BARBERS BROTHERS' LIBEL CASE

GMA 7 news anchor sued

Ateneo de Tuguegarao alumni homecoming



METRO

Cop watch shifts to housing areas



Running mates root for rival bets

Only 1 kidnap suspect still unidentified



'Slow' response probed

LOTTO RESULTS

SIX DIGIT

SUERTRES

6/42 Lotto

Vis-Min

SPORTS

Asia now rooting for Pacquiao

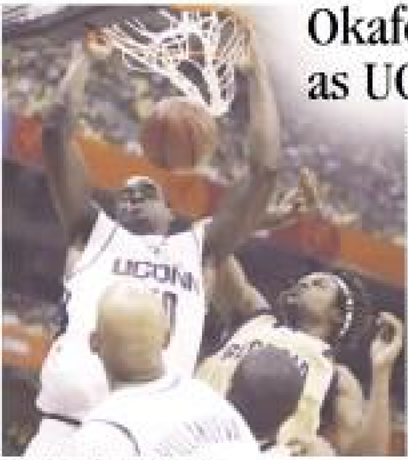
BARE EYE

Recah Trinidad

Sunkist stuns Hapee



Okafor, Gordon star as UConn takes title



OKAFOR dunks over Georgia Tech's Clarence Moore.

Utah gains

Korean expats shine in E. Ridge tourney

Guidicelli wins twice

PACQUIAO RIVAL

Marquez in deep training

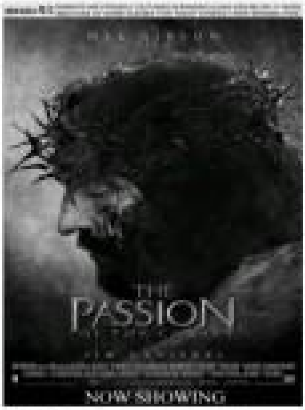


MARQUEZ: Feeling very strong

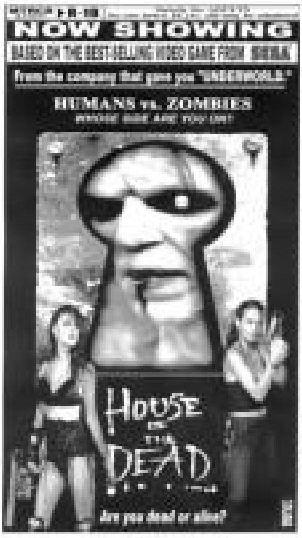


Domingo-Abad tops Southwoods Invt'l

NCFP changes headquarters



Bonds hits 659th homerun



SPORTSWATCH

Team Regatta rules badminton tilt

Baguio, C. de Oro joining NBC meet

SM Megamall to host sport-climbing

Las Piñas derby scheduled today



Summer activities get youth into sports

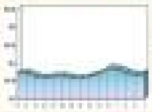
CLEAN LIVING



BUSINESS

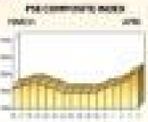
Inflation rate rose to 4.2% in March

CURRENCIES



STOCK MARKET

Shares close 1.8% higher





Exports up 7.5% as electronics sales rise

Bearbull reloaded

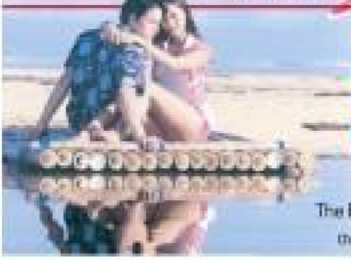
Mr. Bearbull

BSP cracks down on erring insurers

Peza grants ecozone status to GSII, 9 other firms

2BU! LIFESTYLE

Editor Chato Garcellano-Formoso
Chief of Correspondents Pam Pastor



Summer chic and shine

The Fashion Freaks take over this week's 2bU!

WE'll bring you a behind-the-scenes look at the shoot of Pink and Blue Soda's summer campaign. We also have accessories that inspire creativity and add color to your heat-plagued world. But preparing your wardrobe isn't enough. Your skin needs to be ready for this season, too. So we bring you skin care tips and heavenly spa treatments to give away, thanks to our friends from Urban Spa.



ULTRA-THICK BANGLES, P100 each, from Gem Crafts

THE 2BU! FASHION FREAKS

Fun and flirty picks

Wearing these accessories is like time-traveling to the '80s without the ugly capsule

WHO says one can only enjoy the sun (and beach) during the holidays? Last week, thanks to a perfect summer café that boxed us out, the Fashion Freaks ended up wandering to



HEADBAND



SAHABAND

One buff, fourteen accessories

How does one wear this hot fashion piece from "Survivor"? Let us count the ways

WE'VE seen it on "Survivor." The buff wasn't just a tribe symbol, it was a fashion accessory.

It was interesting to see the contestants wear their buffs in different ways episode after episode after episode. On their heads, on their arms, even as tube tops.

It was an event almost as fascinating as the game itself. Almost, but not quite.

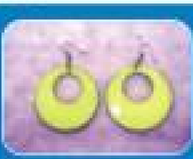
No wonder we were so giddy when we discovered that we didn't have to wait for 39 days to get our hands on our own buffs.

Thanks to Best Pick, the exclusive distributor of the Spain-based Buff products, we can just snap them up at the mall.

Shell out P700 for buffs from their original line and P850 for buffs from their National Geographic line.

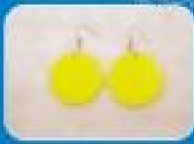
We asked 15-year-old Pia Roberto and 19-year-old Michael

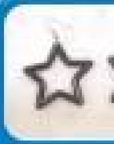
NEXT, A3


NEON EARRINGS, P50 per pair. From Goon Crafts

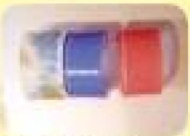

EYE CANDY bangles, P20 each. From Goon Crafts


WAVYS, P30 each. From Goon Crafts


HELLO, sunshine earrings, P50. From Goon Crafts


TWINKLE, twinkle [illegible] Crafts


PATTERNS, P100 each


GLITTER girl cuffs, P100 each


DISC diva, P100 each


FLOWER power earrings, P50. From Goon Crafts


DAINTY [illegible] earrings, [illegible]

THE 2BU! FASHION FREAKS

Fun and flir


HIP to be square, P30 each. From Goon Crafts


CUTE as a button earrings, P100

From page C1

word on accessories for [illegible] Greenbelt 1's Expo Exchange.

Among the [illegible]

Forget the [illegible], we went to accessories heaven.

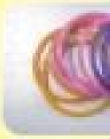
Correction, we went to '80s accessories heaven. It was like time traveling minus the ugly capsule.

Our finds are perfect for the summer [illegible]

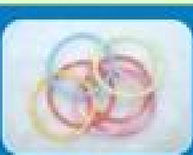
They're fun, colorful and flirty. They'll liven up your outfits and take your mind off the heat.

Just pray they don't melt.

Do you want the fashion freaks to visit your store or look at your wares? E-mail us at [illegible]

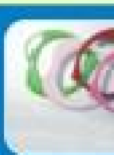

GIRLIE girl, P20 each. [illegible]


WHITE lady earrings, P80

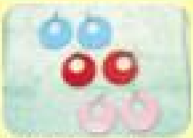

RAINBOW for your arms, P20 each. From Goon Crafts


PASTEL princess, P30 each. These bracelets may be personalized. From Goon Crafts


QUEEN of diamonds, P80 per pair

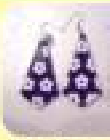

WEAR your heart on your [illegible]


GEOM glam, P30 each


HOLE IN ONE, P50 per pair. From Goon Crafts


LIFESAVERS, P80 per pair


POLKA dots, P60 per pair


RETRO rock, P80 per pair


CAP


MASK


HAIRBAND


NECKERCHIEF


FOULARD


[illegible]


ALICE band/[illegible]


BALACLAVA

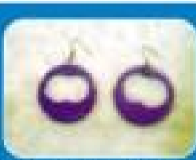

WRISTBAND


PIRATE

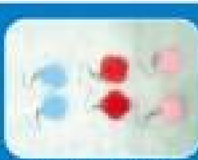

SCARF


THE MULTI-FUNCTION buff





CRAZY shapes earrings, P38. From Geon Crafts

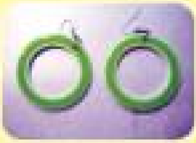


FLIRTY floral earrings, P38 per pair. From Geon Crafts





HANDS-ON earrings, P88 per pair



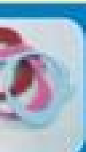
HOOPSTER earrings, P88

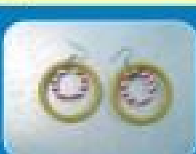
...typicks





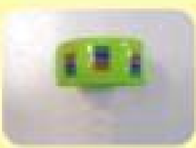
DARLING drops, P38 per pair. From Geon Crafts





SUPER stripes, P100





GREEN lucy, P150

One buff, fourteen accessories

From page 22

[illegible] from ABS-CBN's [illegible] to demonstrate the many uses of this accessory.

In playing the buff game, [illegible] are not required. Creativity is all you need.

[illegible]

Buff products are available at all [illegible] branches nationwide.

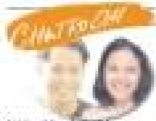
[illegible] in ABS-CBN's [illegible] and [illegible] in her upcoming movie [illegible].

Special thanks to [illegible]



PHOTOS BY [illegible]

She wants her ex back



2BU! LIFESTYLE



2bU! peeks at the Pink and Blue Soda summer shoot

Sun, sand and a couple of Sodas

By Niño Mark M. Sabias
2bU! Correspondent

LAST Feb. 11-13, I braved a bumpy and interminable van ride going to Pangasinan. The gig: Pink and Blue Soda's pictorial for their summer collection. The assignment: to have a blast mingling with the brands' image endorsers, enjoying the unparalleled scenery and stuffing myself silly.

Oh, and to make sure I write about the whole experience too. So here it is.

The staff

The very famous Jun de Leon once again rendered his unmatched services for the brand. Looking like the debonair guy that he is, the lensman gave off directions and clicked away.

[illegible] Del Valle tagged along to look after the talents, ending up as foster mother to everyone. Designers Jun Trinidad and Jonathan Allegre made sure the models' clothes were properly donned. Makeup artist [illegible] whipped out his brush and made the models even more gorgeous.

There have been a lot of celebrities who once in their careers got on a Pink Soda or Blue Soda shirt or blouse. The long list includes Angelika dela Cruz, Alfie Mclendez, Jennifer Sevilla, [illegible] Gillican and [illegible].

The current crop is composed of the smolky Rafael Rosell, the artistic John Lloyd Cruz and the perky Roxy Abad. The newbie on the block (although she's not entirely a neophyte when it comes to posing for the lens) is the outspoken Sharon Gonzales.

The owners

Pink and Blue Soda owners Mr. and Mrs. [illegible] were also part of the trip to Bolinao, Pangasinan. Just like any pair of proud and responsible parents, they made sure everyone was safe and having a great time.

The venue

Pangasinan's Puerto del Sol beach resort-hotel played host and home to everyone. A property of the [illegible], it's heaven on earth with cozy and well-designed accommodations that made us want to live there forever.

The concept, the clothes and the shoot

Eight layouts were needed for the clothing brands' print ads and billboards. With [illegible] [illegible], the seashore proved to be the best spot for a

TURN TO C2





SERENITY in the pocket paradise that is Puerto del Sol, Bolinao, Pangasinan



Sun, sand and a couple of Sodas

From page C1

pictorial for the brands' summer fashion shoot.

The wardrobe, which had an '80s touch, according to Jun Trinidad, consisted of tees and cut-off pants for the guys and denims, blouses and hot shorts for the girls. In shades of hot pink, lime green and various shades of orange, the clothes were definitely brighter than the brands' holiday collection.

"It's how you should be, how you should celebrate summer," says Trinidad, on what the collection is all about.

The result

Of course, the results were fabulous. But don't take my word for it. Very soon, you'll be seeing for yourselves the ads splashed on the pages of various publications and on billboards along the highways.

In the meantime, you'd have to content yourselves with 2BU!'s behind-the-scenes snapshots of Pink and Blue Soda's 2004 summer fashion shoot.



CELEBRATING summer the Pink and Blue Soda way

Bubble boys and girls

Text and photos by Niña Mark M. Sablan
2BU! Correspondent

TWO guys, two girls, two brands. Different personalities, various fashion styles and beliefs. Meet the hip brands' bubbly endorsers and take a dose of their fabulous fashion sense.

Kaye Abad

Kaye is a simple girl with a simple fashion style. For someone who belongs to the glitzy world of show business, this 21-year-old is a great fan of the shirt-and-jeans ensemble. Needless to say, Kaye is very grateful for the clothes she gets from Pink Soda, of which she has been an image model for two years now.



OH KAYE. Kaye thinks simplicity is a okay

Not only do the clothes fit her character in the soap "Sana'y Wala Nang Wakas," they are also cool and comfy enough for malling and gimmicks.

While Kaye has a growing number of fans, she herself is a fan of Pink Soda's apparel, singling out the comfy underwear as one of the brand's best offerings.

But before pubescent boys start anticipating billboards of Kaye in her undies, she hastens to add that she's not really comfy even in hanging blouses and tube tops, and she definitely hates strapless bras.

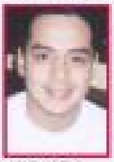
Looking up to the simple yet elegant Julia Roberts as her fashion icon, Kaye advises women to be themselves. "Check if the style fits you and your personality," she says.

Definitely, Kaye did her assignment, because her simple fashion style fits her like a glove and brings out the best in her.

John Lloyd Cruz

For someone who doesn't consider himself fashionable, 20-year-old John Lloyd sure looks fabulous on our TV screens, on those traffic and stiff neck-inducing billboards and, more especially, in the flesh.

Blame it on the Blue Soda apparel he's usually garbed in. Blame it on the brand and its wide variety of hip, casual clothes that John Lloyd particularly likes because of their simplicity.



LLOYD OF THE SOAPS. This drama prince reveals that he doesn't consider himself fashionable.

He passionately declares his loathing for loud colors and clothes that scream their logos. He also shares how he's not really liberated, expressive and aggressive when it comes to fashion.

Our dear Yuri is a jeans-and-shirt type of guy who is partial to white, black and other neutral colors. "My fashion is dark and boring," he says.

He prefers size over price and is very grateful for the free clothes he gets as an official endorser. Aside from wearing them in his soap "It Might Be You," he is also spotted clad in Blue Soda during gimmicks and trips to the mall.

After revealing that he doesn't have any fashion icon and that he considers fellow model Rafael Rosell as Blue Soda personified, John Lloyd says comfort should come before any fashion trend.

Well, he must be doing the right thing, given how he's making all the girls swoon. Then again, it just might be the clothes.

Rafael Rosell

Rafael goes for the relaxed and laidback look when it comes to clothes, which is a great contrast to his bubbly, hyper and crazy personality. Despite this, one look at Raffy in his Blue Soda apparel and you can see a great combination.

In between flashes of his Close Up smile, Raffy explains why Blue Soda's stuff are the best. Not only are they cool, casual and comfy, they also exude simplicity, he says. Blue Soda's items are subtle yet still very stylish.



RAFF RAFF! Hyper and wacky Rafael is Blue Soda personified, according to fellow image model John Lloyd

Raffy picks Colin Farrell as his personal style icon, noting how the Hollywood star seem to wear high-class gigs clad only in a shirt and pair of jeans. Raffy also adores Jennifer Lopez for knowing how to dress up her curves, and loves Jolina Magdangal for her own style and not giving a damn about what others say.

The experimental and adventurous side of Rafael Rosell surfaced when he showed me his once-pierced tongue and demonstrated how he used to sport an almost-mohawk hairstyle. He's also contemplating shaving the whole of his head, and getting a scorpion tattoo somewhere, uhm, really hidden.

Whatever fashion dares and trends Raffy intends to pursue, one thing is certain: Blue Soda will always be there to complement his style.

Bianca Gonzales

With large sparkling eyes and the widest grin I've ever seen, this 20-year-old Ateneista is physically captivating and intellectually stimulating, making her a perfect Pink Soda image model.



SHE IS ONE OF THEM NOW. Bianca Gonzales is the latest Pink Soda image model.

As the newest endorser of the hip line of apparel, Bianca was introduced to the label by batchmate Audrey Tan, herself a recent endorser, but who is now off to the States.

This print ad and commercial model, who's best remembered for her friendly sparkling eyes in the Crystal ad for Globe, doesn't love anything in particular from the Pink Soda shops. That's because she loves everything that the store has. She isn't tied down to a single style as well, so you can spot her in different get-ups, depending on her mood.

Good thing Pink Soda has a wide variety of clothes any adventurous girl can choose from. One thing Bianca likes about the brand is their stuff that are simple and plain, but always with a twist. She also can't stop raving about Pink Soda's pair of ultra-comfy cloth pants that fit her so perfectly.

Most Pinays end up folding their pants or having them altered, she says, but her Pink Soda pants are perfect in length for her.

Known to wear custom Hip Bags and Chuck Taylors, this Angel Aquino fanatic has this piece of advice for young fashionistas: "You shouldn't be dictated by trends. Don't be a slave. Develop your own sense of style."

Yes, Bianca has successfully developed her own sense of style and is flaunting it to many, thanks to Pink Soda.

E-mail the author at [illegible]@yahoo.com

Time for some time out

Urban Spa offers a haven for the weary soul





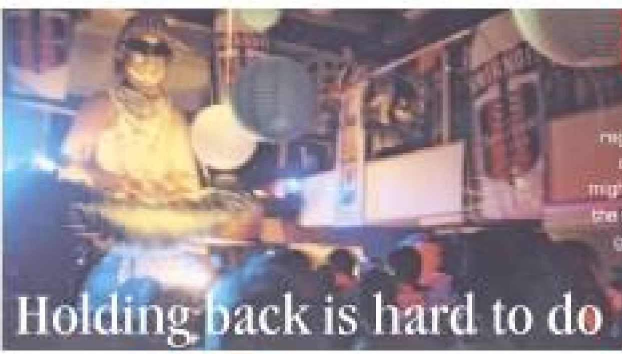
URBAN Spa's cozy interiors

Exfoliation

Moisturization

Other treats

Holding back is hard to do



Hey, if you registered for a contest, then might as well hog the spotlight and give it your all

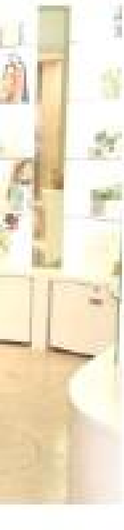




Gritty grinding

Temple, temple!

Holy week haunts





Your skincare battle plan for the summer

SUNBURN, prickly heat, insect bites, breakouts—these are just some of the common skin problems that might stop you from enjoying your vacation.

Dr. Claire Palabyab, resident dermatologist of Urban Spa, shares practical skincare tips to keep you and your skin happy this summer.

• Sunblock is very important, and not only when you're going to the beach. Use a lower SPF for normal activities like driving. If you're going to the beach, use something much stronger.

• The SPF number isn't the only thing that matters. It's important, too, to make sure your sunblock stays on your body. Put on the sunblock half an hour before your skin is exposed to the sun for better absorption. If you're going to be in the water, reapply sunblock approximately every half hour. A sunblock of SPF 30 and up are okay. SPF 15 is okay for city living.

• Sunblock that comes in stick form is more advisable than the liquid kind. First, it doesn't wash off easily. Even if you perspire and wipe your face, it doesn't get erased easily. And when you go in the water, the danger of getting sunblock into your eyes is diminished.

• If you have plans of exposing your skin to the sun, check with your doctor and dermatologist first. Some creams and medications make you more sensitive to the sun. Some antibiotics may cause your skin to discolor. You may have to stop these treatments before hitting the beach.

• Use lip balm with SPF to protect your lips. Avoid scented and flavored ones because these are sensitizers.

• Wear a hat to protect your scalp. This is especially important for people with thinning hair.

• If you can, avoid going out in the sun between the hours of 10 a.m. and 2 p.m.

Sunblock is very important, and not only when you're going to the beach

• People who go to the beach should bring enough protection from sand fleas. These bites can be very itchy and can last for a long time. Avoid insect bites by using an insect repellent.

• Don't scratch insect bites. If you scratch them too much, they might become nodular—elevated, dark and discolored. Definitely not pretty.

• If you know you're extra-sensitive to insect bites, visit your dermatologist so he or she might be able to prescribe an emergency cream that contains cortisone, in case you get allergies.

• Don't self-medicate.

• Jellyfish sting is painful, itchy and leaves marks. In the unfortunate event that you experience the wrath of this ocean creature, put something acidic on the area right away like vinegar. It will help a lot.

• If you have an-an (fungal infection), you might want to stay away from the sun. Tanning your skin will make these white spots more obvious.

• Acne commonly flares up in the warmer months. Sleeping late also aggravates pimples, so get enough sleep. If your skin is oily, wash your face often to avoid buildup.

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Dr. Claire Palabyab has clinics at the 4th floor of Medico Building (Medical City) and Unit M27, San Antonio Arcade, Forbes Park, Makati, with tels. 6336737/ 8154836. She is also available for consultation at Urban Spa.

